

A Plan of Care

You and your team will develop a plan of care that is right for your type of diabetes and your pregnancy. As a woman with diabetes, you will:

- ❖ See your health care team more often. Most women see their team every two to four weeks, but some may be seen more often.
- ❖ Work out a schedule for checking your blood sugar with your team.
- ❖ Work with a dietitian to learn when and what to eat in a day. Most women eat 3 small meals and 3 or more snacks a day.
- ❖ Exercise often. Exercise is an important way to control blood sugar.
- ❖ Learn ways to manage stress. Stress management is another important way of controlling blood sugars.
- ❖ Keep records of what you eat, when and how long you exercise and your blood sugar levels.
- ❖ Learn when you need to make changes to your diabetes and pregnancy care plan.

Having diabetes while you are pregnant can be scary and stressful. Keep the following in mind as you learn to take care of your diabetes:

- ❖ Don't expect to be perfect. It is natural to make mistakes. Your diabetes team is there to help you.
 - ❖ You will continuously learn new ways to help control your blood sugars.
 - ❖ Changes to checking blood sugars, meal plan, medications, exercise, and stress management will need to be made throughout your pregnancy.
- Your team is here to help you make your diabetes plan and your pregnancy
a Sweet Success!



Visit our websites:

www.llumc.edu/llumc/sweetsuccess

www.mch.dhs.ca.gov

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Success[®]

For You and
Your Baby

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California Diabetes and Pregnancy Program



What is Sweet Success?

Welcome to Sweet Success. Your medical provider/doctor has sent you to Sweet Success to get extra medical care. You are here because:

- ❖ You have diabetes and want to become pregnant, or
- ❖ You have diabetes and are already pregnant, or
- ❖ You have been diagnosed with gestational diabetes

This program will help you manage your diabetes. Managing your diabetes will give you the best chance to have a healthy pregnancy and baby. The Sweet Success team are experts in diabetes. Your team may include any or all of the following:

- ❖ A dietitian
- ❖ A nurse
- ❖ A social worker/behavioral medicine specialist
- ❖ A doctor
- ❖ You



Your team's goals are to help you:

- ❖ Control your blood sugars
- ❖ Make healthy eating choices
- ❖ Exercise safely
- ❖ Deal/cope with stress and worries
- ❖ Manage your weight

Keeping Your Blood Sugar Normal is Very Important

Diabetes control is important to both you and your baby.

You will learn ways to keep your blood sugar numbers within a set range.

Uncontrolled blood sugars during pregnancy puts you at risk for:

- ❖ Cesarean section
- ❖ Long or difficult labor
- ❖ Preeclampsia (high blood pressure)
- ❖ Premature delivery
- ❖ Other pregnancy complications
- ❖ Complications if you have preexisting diabetes
- ❖ Developing type 2 diabetes sooner



Uncontrolled blood sugars during pregnancy may put your baby at risk for:

- ❖ Birth injury
- ❖ Nerve damage to face and arms
- ❖ Stillbirth
- ❖ Low blood sugar after birth
- ❖ Jaundice
- ❖ Obesity
- ❖ Diabetes later in life

For more information visit our websites:
www.llumc.edu/llumc/sweetsuccess
www.mch.dhs.ca.gov